

## **Health and Wellness Subcommittee**

**Wednesday, October 19, 2016**

**Cole Middle School**

**3:30pm**

### **Meeting Minutes**

**In attendance: Nancy Day, Michelle Edwards, Carolyn Mark, Laura Murphy, Susan Riley, Yan Sun, Ellise Wolff, Dan Seger, Bob Downey, Jake Barron, Cole Barron, Brendan Levesque, Jody Mangiaratti, Allison Seed**

#### **I. Welcome and Introductions**

#### **II. Presentation from Cole students on healthy snacks**

**Cole student body representatives Jake Barron and Cole Barron have identified a need and are advocating for a healthy snacks vending machine for Cole Middle School. The issue is that students do not have access to snacks after school and before they begin their extracurricular activities. The group discussed the fact that federal**

and state law dictate what snacks can be sold in schools during the school day, which is defined as midnight the night before through one hour after school ends. This means that any vending machine would need to comply with district nutrition standards if students are to have access right after school. In addition, Aramark's contract dictates that vending machines from an outside vendor can't compete with their ability to sell snacks during the school day so, unless student access is blocked during the school day, the vending machine would violate the contract. The students indicated that, if it could be figured out, the vending machine would not only provide a service to students but a 15% profit that could go to support student activities. While there were some concerns expressed about having a vending machine in the building, it was discussed that the ultimate decision to have one or not was for the principal to make as long as the machine was in compliance with the Health and Wellness policy which incorporates federal and state law. Michelle Edwards agreed to explore whether or not Aramark would be able to provide the vending machine which would be the easiest solution. The students have researched Fresh and Healthy Vending Company, but need to confirm whether or not their products are (or could be) in compliance with the federal and state nutrition standards. They are also going to research what vending company is being used at the high school.

### **III. Report out on annual RI Healthy Schools Breakfast event**

**The event, hosted by the RI Healthy Schools Coalition, was held on 9/20/16 and was a great success. This year, the breakfast addressed the nutrition- and physical activity- related needs of older students (middle and high school). EG's high school principal and middle school assistant principal were both in attendance, as well as other members of the Health and Wellness Subcommittee. Nancy Day and her Boks kids from East Greenwich were the highlight of the conference when they engaged everyone in some fun movement activities. Conference materials, resources and pictures can be found at [www.rihsc.org](http://www.rihsc.org).**

#### **IV. Status updates on H&W activities**

**School Meals Program: Website updates took place over the summer, and new School Meals Program website includes an online feedback form. Members of the subcommittee should take a look at the new section and provide any feedback. Michelle Edwards and Sue Riley have been working together to launch a "lunch box" pilot to address the need to reduce long lunch lines and provide a healthy, quick alternative so children have more time to eat. This pilot will take place at Frenchtown and Eldredge and will be replicated in other schools if successful.**

**Heart Health Accreditation:** the group needs to follow up this year to check the status of CPR as PD as well as the possibility of staff training other staff across buildings in the coming year. We have training resources available to us for little or no money, and would like to take advantage of that to get more staff certified in CPR. Bob Downey to follow up with Dom Giusti to see if there is still interest at Eldredge. Mr. Downey also reported that getting trained in CPR is part of the health curriculum at the high school now. He also reported use of a new fitness app that holds a lot of promise. He will share more information about this at a future meeting.

**H&W Implementation Guide:** Distributed to all staff electronically at the beginning of the year. Schools are to keep copies in their front offices. Thanks again to Nancy Day for creating the document. Need to ensure it is reproduced properly when distributed in hard copy. The central office has volunteered to help with that. Needs to be distributed every year because of staff and parent turnover, and as a regular reminder.

**V. H&W survey to staff to engage them in the work of the H&W committee**

**The subcommittee liked the idea of finding other ways to engage staff, and Carolyn will give this some more thought and present a proposal for how to do this.**

#### **VI. Establish goals for 2016/17 school year (finalize at next meeting)**

- Promote best practices by highlighting what is happening in schools**
- Promote healthy behaviors (eg utilize district listserve/website/etc. as a communications outlet)**
- Engage students in H&W activities**
- Provide multiple opportunities for input from stakeholders (surveys, forums, etc.) to engage people who can't attend meetings**
- Pursue grant opportunities to bring additional H&W resources into the district**
- Create consistent communication strategy for H&W policy compliance throughout the year (eg reminders to staff and PTGs in advance of holidays, etc.)**

#### **VII. Set meeting dates**

**Future dates proposed but not confirmed include:**

**November 16, 2016 @ 3:30pm**

**January 11, 2017 @ 3:30pm**

**February 13, 2017 (possible community forum @7pm)**

**March 16, 2017 @ 3:30pm**

**April 26, 2017 @ 3:30pm**

**June 1, 2017 @ 3:30pm**

**VIII. Adjourn**